

WELLBEING

BY



Well And Resilient Doctors

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Introduction

This booklet was first made as a response to the first wave of COVID-19 to aid health professionals in the Severn Deanery. As part of WARD's inaugural conference, we felt the need for a booklet very much present.

We are now in the midst of a second COVID-19 wave. There are signs of hope with vaccines nearly a reality and various test & trace systems in place. However, we are not yet out of the woods! We hope this booklet, which has been made by junior doctors, psychologists and yoga therapists for junior doctors, can help bring a smile and potential avenues of aid and relief during these unprecedented times.

Sofia Cuevas-Asturias

WARD 2020 Conference Organiser

Self-care

“If your compassion does not include yourself, it is incomplete.” Jack Kornfield, Buddhist

Only you know what you need. When everything in the world is changing, listen to yourself and be attuned to what you need; eat well, sleep plenty and laugh daily.

Throughout this booklet we will give you a number of suggestions of ways to look after yourself or try something new, but they are only suggestions and it is vital that you take time out just to be.

- Try to **maintain you**, whether this is through keeping up with your hobbies or keeping in touch with your friends.
- Try practicing **daily gratitude** by writing down in a notebook the 3 things that you are grateful for each day.
- Write what you're **looking forward to** when isolation is over on little pieces of paper, fold them up and put them in a jar, and when this is done, pick one out each day and do it!
- **Hug each other.** You may not be able to hug your loved ones, but what does a hug represent? Support? Love? Call your loved ones: tell them, show them the best you can without the physical hug.
- **Do something nice for you, because you deserve it.** Treating yourself means different things to different people but however you go about it, it should have the same effect. Hopefully it will lead you to feel energized, cared for and contented.
- Make time for your **hobbies**, it is important to do things for you.

Remember to take care of yourself. Sometimes you get so busy taking care of others that you forget that you are just as important too.

Sleep

“And if tonight my soul may find her peace in sleep, and sink in good oblivion, and in the morning wake like a new-opened flower then I have been dipped again in God, and new-created.”

D.H. Lawrence

Sleep is healing, physically and mentally, and is an investment in yourself and others.

With all the worry, stress and moral injury that we are experiencing as a result of COVID, this may impact your sleep in different ways - You may find difficulty falling asleep, staying asleep, or even wake up early.

You may be sleeping well but feel tired all the time; this is to be expected from emotional exhaustion but also may be a sign of burnout so be aware of yourself.

If your ability for compassion has also taken a hit this may be another sign of burnout and you should think about whether you need to speak to someone such as friends or family. If you feel it is starting to take a toll on your day-to-day work, try to speak to someone at work such as your educational supervisor or an approachable local consultant about taking some time out.

This is a marathon, not a sprint, and we are nothing without you.

Follow these sleep tips and dream easy:

- Get out and try to exercise every day – even if just a small amount.
- Don't spend your isolation in your bedroom; keep this space for sleeping.
- Try to keep to a schedule with a normal waking up and bedtime.
- Have a wind-down for 30 mins before going to bed; avoid caffeine, blue light and alcohol in this time if you can.
- In general, try not to rely on caffeine or alcohol, as this will reduce the effectiveness of what sleep you are getting.
- Try not to use sedatives as these induce sub-optimal sleep and have un-wanted side effects.
- If you're going to use anything then use melatonin as a natural, non-addictive medication with the effect of inducing pressure of sleep, but only for the few hours after you've taken it, unless you have a modified-release formulation.
- Express yourself before going to bed; you will have a lot of thoughts going on in that bonce and they all need to calm down, so talk to someone or write it down. Keep that notepad by your bed as well for any of those invasive thoughts preventing you from achieving sleep.
- Get into the habit of practising mindfulness every day (see the Mental health chapter).
- Practice self-care before you go to bed, especially if you've spent all day in THAT mask.
- Keep your bedroom cool, quiet and dark.
- Let your housemates know when you will be sleeping.
- If you can't sleep, don't stay in bed like it's a prison. Get up and do something quiet such as reading a book or meditation, then try to go back to bed again.
- Need a bedtime story? Why not set a timer on a relaxing audiobook, download a podcast like 'Sleepy', or use dedicated sleep stories on an app like Calm.
- For more sleep tips find Michael Farquhar's talks on YouTube or advice on Twitter.
<https://twitter.com/DrMikeFarquhar/status/1244983816739008512>
- See our mental wellbeing section for lots of apps which also have features to help you sleep.

NHS perks

The outpouring of support that businesses are offering NHS workers has been so heart-warming. Whether you are looking for dedicated supermarket opening hours, free parking, access to mental health apps or discounts to treat yourself (or for Christmas shopping!) there are a huge range of offers. They are being added to all the time so for an up-to-date list head to:

<https://www.england.nhs.uk/coronavirus/nhs-staff-offers/>

Blue light card

A blue light card costs £4.99 for 2 years. It opens up additional offers and also offers a way of showing your NHS status for some shops (not all) without using your infection control hazard work ID badge when you're out and about.

NUS Extra (<https://www.totum.com/nus-extra>)

As part of the RCPCH, RCP and many other Royal Colleges will allow you to access student discounts! They are great!

Health Service Discounts

Website full of useful discounts (<https://healthservicediscounts.com>)



Alcohol & Substance Abuse

“Alcohol is a misunderstood vitamin.” P G Wodehouse

Throughout the pandemic many people have increased their alcohol consumption. There are many potential reasons for this, such as boredom or using alcohol as a crutch to help deal with various stressors. However, people and their personal situations are diverse, and we cannot necessarily understand or quantify the reasons behind increased alcohol consumption. It is important to try and understand if this has happened to you or people close to you, and to understand the effects that can result from drinking more.

A simple solution is to aim to have at least 2 sober days a week and try not to drink alone. Consider engaging in virtual chats if you live alone.

If you think you might need help visit www.drinkaware.co.uk and tell a friend about your worries; we're all human and everything's easier with a buddy.

Personal Perspectives

Sick Doctors Trust has a good section of honest accounts from doctors (<http://sick-doctors-trust.co.uk/news>). An insightful book by a Consultant Anaesthetise – Sober is the New Black by Dr Rachel Black about her struggles with Alcoholism.

As Doctors and workers within the NHS, we are only human. Despite all the clapping and the superhero analogies, we are prone to stress and triggers.

How to spot the demise

There can be little or non-specific clues to show a doctor may have an alcohol or substance abuse problem. Doctors with mental health problems may sometimes turn to drugs or alcohol as a coping strategy.

The Association of Anaesthetists of Great Britain and Ireland (AAGBI) has published Drug and Alcohol Abuse amongst Anaesthetists (<https://anaesthetists.org/Home/Resources-publications/Guidelines/Drug-and-alcohol-abuse-amongst-anaesthetists>) - Guidance on Identification and Management which outlines warning signs of drug and alcohol abuse and provides good advice on how to raise concerns about a colleague and intervene.

Mental Wellbeing

“Burnout is what happens when you try to avoid being human for too long”

Michael Gungor

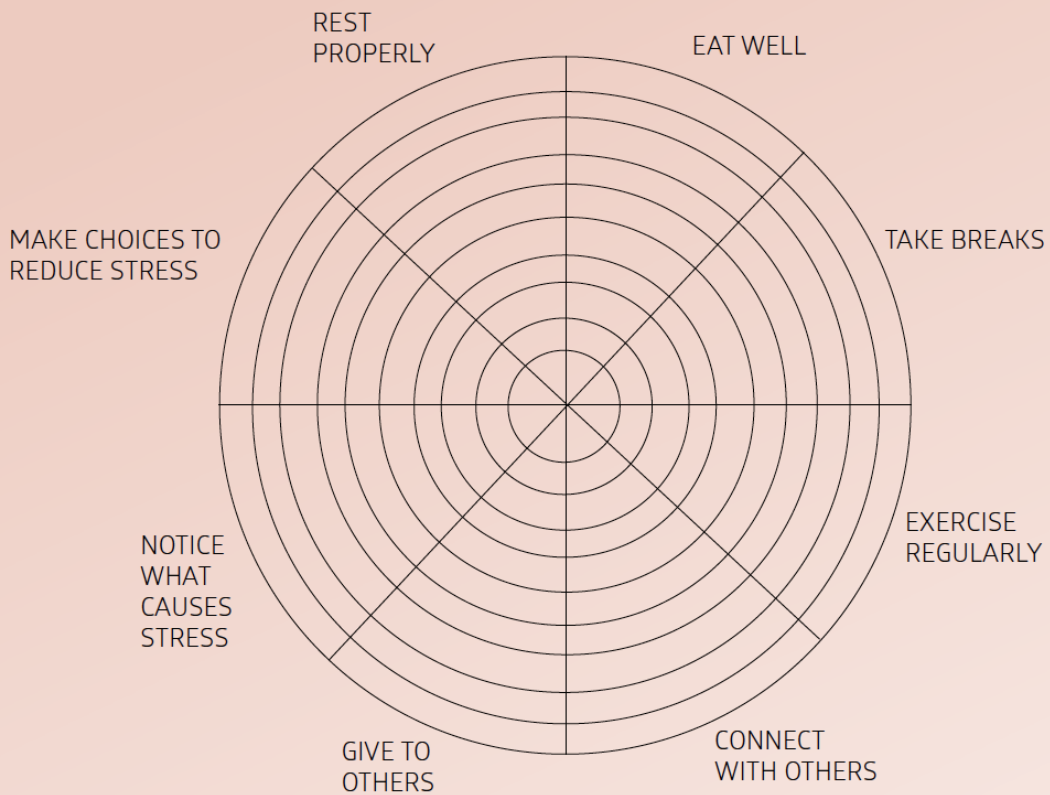
It's okay to not be okay. The best thing we can do for ourselves at the moment is to talk to others and have personal awareness of how we are doing. If you would like to talk, think about reaching out to your educational supervisor, occupational health, your trust's psychology team, chaplain team, Wellbeing team or any of the team at WARD (Well and Resilient Doctors www.welldoctors.org).

Having the self-awareness to recognise that you may benefit from psychological support services is a real strength. Needing help is not because of weakness or lack of resilience, it is because of everything you have been through.

For doctors in training, your deanery may have a **professional support unit** who can offer local counselling, signposting and mentoring. However, see the next page for a good list of contacts. It is better to be prepared and know who to call for help if you need it.

“It makes no sense to worry about the things you have no control over, because there's nothing you can do about them. And why worry about things you do control? The activity of worrying keeps you immobilised.” Wayne Dyer

DIGITAL BURNOUT & SELF CARE



MANAGING STRESS MOT TOOL

Score	Action
0-1 Dangerous	A direct and immediate risk to your safety/ the safety of others/ your environment. Do not drive your vehicle until its been repaired
2-4 Major	It may affect your safety, put others at risk or have impact on your environment. Repair immediately.
5-6 Minor	No significant effect on your safety or impact on environment, Repair as soon as possible
7-8 Advisory	It could become more serious in the future. Monitor and repair if necessary.
9-10 Pass	It meets the minimum legal standard. Make sure it continues to meet the standard.

The 'Managing stress MOT' is designed to help you identify different areas of your life you need to pay attention to in order to 'stay well'.

Can you set time aside each week to help recognise aspects of your life you need to pay attention to.

Give yourself a score of 1-10 for each different area of focus.

Comparing your scores to that from a car MOT Test results table can help you decide areas to prioritise and work on improving. You would not drive a car that is dangerous, yet it is often all too easy to neglect our own needs.

Perhaps focus on one domain each week. What steps do you need to take to improve your score in each section? What small change can you make this week to improve your score in one domain?

Adapted from The Maudsley COVID-19 Tool kit.
MOT- Mindfully observing Tensions

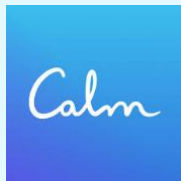
Dr Romayne Gad el Rab
@Romy_Gad

Self-help freebies

Try them now so you know what is available when you're going through a tough time.



Headspace is a mindfulness app offering their subscription for free to all NHS staff until the end of the year! You can find out more here <https://work.headspace.com/nhs-clinical/member-enroll>



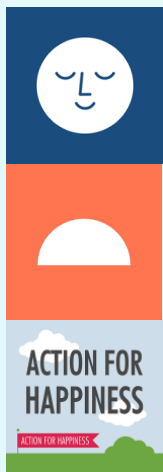
Calm are offering access to a selection of their resources to help with the anxiety and uncertainty brought by COVID-19. Check out their page on https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult_times_nsubs_031720



Unmind offers interactive content focused on topics such as how to improve focus and talk to someone. Content is based on research in cognitive behavioural therapy (CBT), positive psychology, neuroscience and mindfulness. Sign up with your NHS email address at: nhs.unmind.com/signup



Tenpercent free access to this mindfulness app.



Sleepio – free sleep-help app when you sign up online using the special links with their NHS email account.

Daylight – free anxiety app for NHS staff who sign up online using the special links with their NHS email account.

Action for happiness. Sign up for lovely positive push notifications every day.



Clementine. A little gem of an app. Sign up to receive empowering messages like mini pep talks each day or wake you up with a morning mantra. There are mini online courses in calmness and confidence.

Mindfulness, what's all the fuss about?

Some of the apps above (such as headspace) are a great place to start, but also look out for the following excellent free resources:

- E-Learning for Healthcare <https://www.e-lfh.org.uk/programmes/introduction-to-mindfulness/>
- Bangor centre for mindfulness <https://www.bangor.ac.uk/mindfulness/audio/index.php.en>

The Happy Newspaper: Check this out it is a platform that shares positive news and wonderful people: www.thehappynewspaper.com

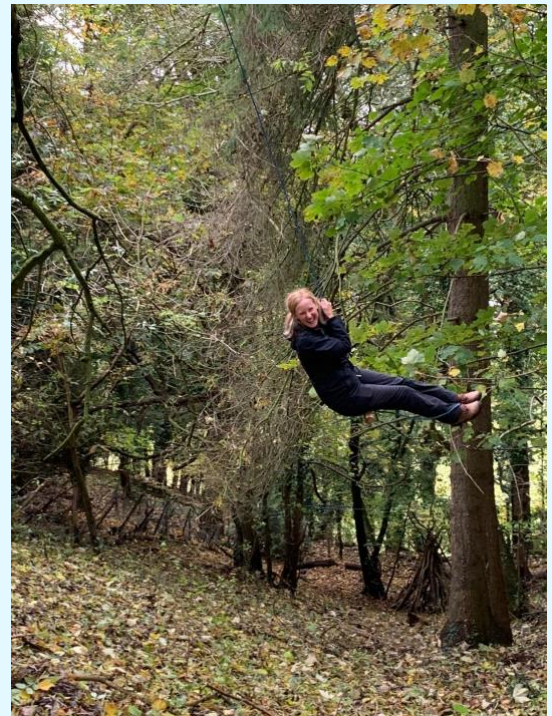


Every day may not be good. But there is something good in every day.

Sometimes I wish I could just rewind back to the old days and press pause, just for a while

It's almost hard to remember a time before COVID but take a moment to sit down and think of happier, more relaxed times. In fact, why not think as far back as your childhood when life was fun and simple. Why not find a park and go on a swing? It makes you feel free and it will put a smile on your face!

Honour your inner child by losing yourself in simple pleasures



Resources for work

Don't forget the bubbles have a brilliant resource for wellbeing and some interesting articles: <https://dontforgetthebubbles.com/the-road-not-taken/>

The Royal College of Anaesthetists have a series of links: <https://rcoa.ac.uk/training-careers/training-anaesthesia/support-wellness> and webinar on Wellbeing, reflection and being prepared for the emerging surge: <https://www.rcoa.ac.uk/events-professional-development/education-professional-development/webinars/wellbeing-reflection>

NHS Moodzone: <https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

The intensive care society has a series of brilliant posters about burnout, staff check in and wellbeing available here: <https://icmanaesthesiacovid-19.org/staff-wellbeing-resources>

Get outside

When things are feeling overwhelming, it can be so grounding to feel autumn leaves beneath your feet, to look up and see giant trees, to feel the sun warm your face and to hear birdsong.

As humans we are nomadic by nature and there is plenty of evidence for the impact of getting outside on your mood, so work a walk or outdoor activity into your daily life as an investment in your wellbeing.

It can be reassuring to see nature continuing as normal around our human-centric world. And if in this path of discovery and improved appreciation of nature you feel inspired to preserve it the face of COVID and global warming, then speak to your trust's sustainability department or contact one of our WARD team, Aless and Sofia (alessandra.glover1@nhs.net or sofia.cuevas-asturias@uhbw.nhs.uk) who can connect you to sustainability projects for a greener NHS and know you've made a difference.

At the time of writing the advice is that you should only travel a short distance to exercise. When things are easing up, here are some wonderful local walks in Bristol and beyond to get some head space and see some of our incredible countryside.

If you aren't local to the Southwest, we can't wait to welcome you in the future. We might be biased, but we think it's pretty fantastic here.

The Peace of Wild Things

when despair for the world grows in me
and I wake in the night at the least sound
in fear of what my life and my
children's lives may be,
I go and lie down where the wood drake
rests in his beauty on the water,
and the great heron feeds.
I come into the peace of wild things
who do not tax their lives with forethought
of grief. I come into the presence
of still water.
And I feel above me the day-blind stars
waiting with their light. For a time
I rest in the grace of the world, and am free

· WENDELL BERRY ·

Bristol Walking trails

Banksy walking trail: Good for: cityscapes, modern art, walking with a takeaway coffee.

<http://apps.cactus.co.uk/banksy-bristol/>

Leigh woods

Good for: the iconic Clifton suspension bridge, easy to manage terrain

<https://www.theguardian.com/travel/2012/may/12/leigh-woods-bristol-walk>

Bath skyline

Good for: views over beautiful bath, ancient woodland and a folly castle

<https://www.nationaltrust.org.uk/bath-skyline/trails/bath-skyline-walk>

Cheddar gorge

Good for: spectacular scenery on top of England's largest gorge.

<https://www.nationaltrust.org.uk/cheddar-gorge/trails/cheddar-gorge-walk>

Castle Coombe

Good for: possibly the prettiest village in England

<https://www.countryfile.com/go-outdoors/walks/castle-combe-wiltshire/>

Westonbirt

Good for: A magical tree garden, where you can explore trees from all over the globe

<https://www.forestryengland.uk/westonbirt>



Dyrham Park

Good for: An ancient deer park with breath-taking views across the Cotswold hills and the Bristol Channel

<https://www.nationaltrust.org.uk/dyrham-park>



Woodchester Park

Good for: A beautiful secluded wooded valley

<https://www.nationaltrust.org.uk/woodchester-park>



Newark Park

Good for: Stunning views of the Ozleworth valley

<https://www.nationaltrust.org.uk/newark-park>

Laurie Lee Wildlife Way

Good for: Walk in the footsteps of Cider With Rosie author, Laurie Lee, as you explore the gorgeous Slad Valley

<https://www.gloucestershirewildlifetrust.co.uk/nature-reserves/laure-lee-wood>

Sometimes you just need a break in a beautiful place to figure everything out.

Exercise

If you don't take care of your body where are you going to live?

Exercise is therapeutic in so many ways; it contributes massively to our mental health, gives us time to think and sort our thoughts, naturally lifts our mood with endorphins and helps to compensate for some of that isolation fridge addiction.

Exercise and fitness can also help build stamina for those long shifts, as well as make sure that you don't lose your hobbies because of COVID.

If you take your exercise outside do try to observe the recommendations of staying 5m back in walking, 10m back if running and 20m back if cycling.

If you take your exercise indoors, try to make sure that you spend at least some of your day outside for a bit of Vitamin D on that mask-free face **airgasm** and for the amazing, relaxing power of nature.

Tips from Nicky Agenbag:

Sleep: This is an incredible book on Sleep. 'Why We Sleep: Unlocking the Power of Sleep and Dreams' by Matthew Walker PhD. I wrote a blog post on it and has a wonderful summary of the book: <https://www.physiocapetown.co.za/latest-news/>

Mindfulness

This is an insightful book on mindfulness: *An Eight-Week Plan for Finding Peace in a Frantic World* by Mark Williams and Danny Penman

This is a very well researched 8-week programme with a CD of guided meditations and clear explanation of mindfulness-based cognitive therapy (MBCT). MBCT is recommended by the UK's National Institute for Health and Clinical excellence and is as effective as drugs for preventing depression. Nicky is currently writing a blog about this so watch her Instagram page for details! @Nickyagenbag

And then this is a great video that I think all doctors should watch!

https://m.youtube.com/watch?v=L_1PNZdHq6Q

Nidra Restore: The Radical & Transformative Practice of Deep Rest

By Dr Bryony Hughes

Why we all need to rest

Most of us live in a state of chronic stress. It is so common and so normal in our society that we often do not acknowledge or address the potential impact of stress on our health. Making relaxation a regular practice is transformative. The science is strong with growing evidence of the positive physiological changes associated with activating the 'relaxation response'. But your own lived and felt experience will perhaps be

as persuasive. Learning to rest, to let go and do nothing at all, will make you feel better in your body, in your mood and your energy levels, and in how you relate to others and to stressful situations.

What is Yoga Nidra?

Yoga Nidra is a practice of guided deep relaxation and meditation. Practised with the body in stillness (but in any shape that you find comfortable), you are invited to bring your awareness to body sensations, the breath, thoughts, and emotions. At its simplest, it is an opportunity for deep rest, but practised regularly, it becomes a meditation and a journey to the inner Self. There are many different schools of Yoga Nidra. I would recommend trying different styles to find the best fit for you. There are free audio recordings available online. Examples: Richard Miller (iRest), Uma Dinsmore Tuli (Total Yoga Network), Rod Stryker (Parayoga), Karen Brody (Daring to Rest), and James Reeves (iRest).

What is Restorative Yoga?

Restorative yoga uses props (i.e. blankets, blocks, bolsters) to support the body in finding comfort and ease. The practice seeks to create the conditions that enable deep relaxation. The poses are held for a longer duration (10-15mins) to allow time to let go of tension.

Why practice Nidra Restore

Rest is not valued in our society, and in general, we are not very good at it. For many, the stillness of a restorative yoga practice can feel uncomfortable, and it may even increase feelings of restlessness and agitation. The narrative of Nidra offers support and a focal point for a busy mind, guiding you gently into a relaxation state. When we live in a state of heightened stress, it is a big ask on the nervous system to transition straight to deep relaxation. To me, restorative yoga offers a gradual entry, making relaxation easier to access and deeper in its end point.

Staying in touch

I am passionate about sharing the therapeutic benefits of yoga with individuals living with health conditions and also with health professionals. I am currently working online: teaching group classes; lecturing on the use of yoga for specific health conditions; and working with individuals therapeutically. Please do be in touch if you would like to know more about the science behind these practices or are interested in working with me in any capacity. My email is hughes.bryony@gmail.com. You can also find me on Instagram [@greenleopardyoga](https://www.instagram.com/greenleopardyoga).



Mindfulness and Yoga

Mindfulness put simply is paying attention. A mindful yoga or movement practice helps us to develop a more mindful way of being.

As well as the physical benefits, we learn to connect on a more subtle level with sensation, feelings and breath. We learn to notice our habits i.e. behaviour and thought patterns, without judging whether they are good or bad, but with an acceptance and curiosity. We ask ourselves why we think or do certain things. And if are our thoughts/actions are harmful or helpful.

Only by paying attention can we start to make more informed, better choices. And have a more harmonious, healthy relationship with ourselves and others.

As our yoga practice develops it starts to feed into our whole lives. How we interact with our world. How we choose to live our lives.

My name is Kate Fox, and I am passionate about sharing the many benefits of a regular yoga practice for both body and mind. I have been teaching weekly yoga classes, workshops and retreats in Bristol since 2011. If you would like to find out a little more about my classes or wish to join a class, you can reach me by email: kate@yogawithkaty.co.uk or visit yogawithkaty.co.uk

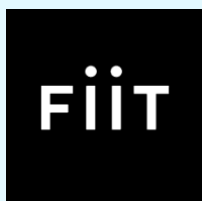
Hosted Exercise

If you prefer your exercise hosted, here is a list of free classes:



Down Dog Yoga, Barre and HIIT is an app-based yoga/barre/hiit class and during the COVID outbreak, they're making it free until July 1st. Select your workout style, length, pace, music, trainer and off you go...

<https://www.downdogapp.com/healthcare>



Fiit – free three-month Fiit premium app subscription for NHS staff who sign up [online at Fiit](#) using their NHS email account.



Frame – free online fitness classes. Send an email to heroes@moveyourframe.com from your work email account, and you'll be sent instructions via email on how to access classes.



And of course, the wonderful **Joe Wicks** has brilliant workout videos still available on YouTube.



Nike Training Club – has an amazing FREE app where you can download workouts from 15 – 60 mins, from beginner to advanced, in the comfort of your own home.

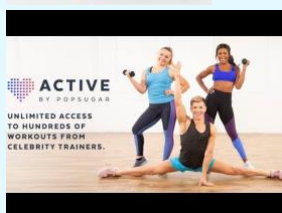


Couch to 5K – a great way to use your daily exercise slot, get outdoors and learn to run with the encouraging support of Michael Johnson!



Yoga with Adriene – a yogi who comes much recommended and is of course free!

<https://www.youtube.com/user/yogawithadriene>



Popsugar. Fast paced and sometimes painfully peppy workouts, many of which can be done with no equipment, anywhere, at any time.

<https://www.youtube.com/channel/UCBINFWq52ShSgUFEoynfSwg>



www.laughteryoga.co.uk

Relieve stress with laughter yoga. Does what it says on the tin – try it, it is as silly and fun as it sounds!

Cook!

“Ask not what you can do for your country. Ask what’s for lunch.” Orson Welles

Banana bread

Works with gluten free flour or normal

4 ripe (or over-ripe) bananas
75g butter
200g soft, brown sugar
1 egg
1 tbsp vanilla extract
1 tsp bicarbonate of soda
1 pinch of salt
170g flour

1. Preheat the oven to 180C.
2. Grease or line a bread tin with greaseproof paper.
3. Mash the bananas up in a big mixing bowl.
4. Mix into them the butter (softened or melted), sugar, egg and vanilla extract.
5. Add the bicarb and salt and mix in the flour last.
6. Bake for 1 hour.

If you want to mix it up you can add a cup of dessicated coconut, nuts or chocolate chips (or all three!) Best served warm, with a dollop of nutella.

Flourless Carrot cake

3 large eggs
200g caster sugar
2 tsp vanilla extract
200g ground almonds
100g dessicated coconut
2 heaped tsp ground cinnamon
150g unsalted butter
2 large carrots
100g roughly chopped pistachios or nuts of your choice/availability

1. Preheat the oven to 160C.
2. Line a 23cm springform cake tin with greaseproof paper.
3. Beat the eggs, sugar and vanilla extract together.
4. Add the ground almonds, coconut and cinnamon and stir.
5. Add the melted butter and give the ingredients and mix.
6. Add the grated carrots, and pistachios and mix.
7. Pour the batter into the cake tin and cook for 1 hour until it's firm to touch and a crust forms on top.
8. Eat once allowed to cool in the tin.

“My doctor told me I had to stop throwing intimate dinners for four unless there are three other people”. Orson Welles

Light Fruit Cake

Gluten-free

100g raisins
100g sultanas
75g dried cranberries
125ml semi-skimmed milk
90g margarine
125g caster sugar
180g plain gluten free flour
1 tsp bicarb
1.5 tsp baking powder
1 tsp xanthan gum
125ml semi-skimmed milk with 2 tsp glycerine
2 medium eggs

1. Preheat the oven to 160C. Oil and line a bread tin with greaseproof paper.
2. Place the fruit in a microwavable container with the milk and buzz for a couple of minutes until warm. Leave to soak.
3. Beat the margarine and sugar together until light and creamy.
4. In a separate bowl mix the flour, bicarb, baking powder and xanthan gum well.
5. Add the remaining wet ingredients to the dry mix and beat in the eggs.
6. Finally add the fruit and milk that has been soaking, stir in and pour the mixture into the baking tin.
7. Cook for 50-60 mins. The cake is ready when a skewer inserted into the sponge comes out clean. Allow to cool before cutting or eating whole.

You could swap in chopped dates or dried apricots for some of the other dried fruit if you fancied.

Naughty Never-fail Brownies

Works with normal or gluten free flour

200g dark chocolate (roughly chopped)
175g unsalted butter
325g caster sugar
130g plain flour
3 eggs

1. Preheat the oven to 170°C/325°F/gas mark and line a 23 x 5 baking tray with greaseproof paper.
2. Put the chocolate and butter in a heatproof bowl over a saucepan of simmering water (do not let the base of the bowl touch the water). Leave until melted and smooth.
3. Remove from the heat. Add the sugar and stir until well incorporated. Add the flour and stir until well incorporated. Finally, stir in the eggs and mix until thick and smooth.
4. Spoon the mixture into the prepared baking tray, and bake in the preheated oven for about 30 to 35 minutes, or until flaky on the top but still soft in the centre. Be careful not to overcook otherwise the edges will become hard and crunchy. Leave to cool completely before dusting with icing sugar, to decorate.

Feel free to add 100g chopped nuts or chopped white chocolate to the mixture before baking.

Cookbooks & Subscriptions

The Doctor's Kitchen

As a fellow NHS worker Rupy Aujla is inspiring and loves his food. For a wealth of recipes, podcasts, links to his books and more go to: <https://thedoctorskitchen.com/#>

Morito's Cookbook

Want to cook the best tapas ever? <https://www.morito.co.uk/morito-cookbook.php>

"Sometimes it can be hard to find one thing you want to cook for yourself in a restaurant cookbook – the problem here is finding something you don't. The writing is warm and engaging and the recipes are easy to follow." The Guardian, 3 May 2014

Midnight Chicken (and other recipes worth living for) by Ella Risbridger

A beautiful book about food and mental health.

Cook, eat, repeat by Nigella Lawson. Trust in Nigella to remind you that there is no such thing as guilty pleasure.

The quick roasting tin. Rukmini Iyer's series of books show us that delicious food can be quick, easy and generate minimal washing up.

Five Ingredients. Jamie Oliver's simple to buy and prepare recipes are delicious!

If you need some inspiration for batch cooking to avoid fast food of the bad kind, BBC good food has a dedicated site: <https://www.bbcgoodfood.com/recipes/collection/batch-cooking-recipes>

Eating In by 'Going out'

Going out for a nice meal has always felt like a treat, but why not get that fancy dinner sent directly to your door? Check out these tasty food boxes:

www.tommybanks.co.uk

www.shop.rickstein.com

<https://www.cookfood.net>

<https://www.thecornishfoodboxcompany.co.uk>

<https://pastaevangelists.com>

<https://www.riverford.co.uk>

<https://honeywellbakes.com/product/bread-bakers-club-rolling-subscription/>

<https://dabbadrop.co.uk>

<https://kurami.co.uk/pages/signature-mealplan>

<https://www.abelandcole.co.uk/>

Growing your own slice of green heaven

“Everything that slows us down and forces patience, everything that sets us back into the slow circles of nature, is a help. Gardening is an instrument of grace.” May Sarton

During the first lockdown it seemed that everyone was gardening. Gardening is incredibly therapeutic. Maybe it's something about nurturing the plants every day by watering them and having the reward of seeing them grow? Maybe it's spending the time outdoors? Maybe it's the peacefulness of it all. Who knows, but I love it.

During these cold dark days gardening might be the last thing on your mind. What about planting some bulbs for next year? The RHS have got some advice here:

<https://www.rhs.org.uk/advice/profile?PID=95>

Whether you're new or an old hand, think about joining a **Facebook group** on gardening or allotments or no-dig as you it's lovely to be part of a community and there are lots of fab tips.

<https://www.facebook.com/groups/418358298794639/> - Allotment Online

<https://www.facebook.com/groups/404686196573093/> - No Dig Allotment UK

If you don't have any outdoor space or any inclination to go outside in the cold maybe now is a good time to start an indoor jungle.



Tips for Relaxation

“When you recover or discover something that nourishes your soul and brings joy, care enough about yourself to make room for it in your life.”

Jean Shinoda Bolen

Listen to music

Genre: Chill

For a bit of calm, and you-time or something to fall asleep to, have a listen to this:

<https://www.youtube.com/watch?v=4GnVDPD01as> there are multiple of a similar ilk by Quiet Quest – Study Music on YouTube if you enjoy.

Or find some Sigur Ros on Spotify to get your Icelandic escapism on.

<https://open.spotify.com/artist/6UUrUCIZtQeOf8tC0WuzRy>

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If you fancy something Classical a couple of the consultants at St Michael's Hospital in Bristol have made the following **Corridor Concerts Wellness Playlist**;

<https://open.spotify.com/playlist/0BpCk0qy2riJRWQrzW0Oud?si=uOpmBs5dQbyKfcQ3rkKK5>

Q

If you search **#songsofcomfort** on Twitter many artists, including Yo Yo Ma have posted home-made recordings of many classical pieces. It's not often you get a free concert...

Fingertips ASBL also have a fab collection of pieces recorded by a number of professional classical artists across the UK for your enjoyment, including someone I used to have the privilege of playing with.

<https://www.youtube.com/watch?v=hvtW8AO3Br0&feature=youtu.be&fbclid=IwAR2tJaSKhNfjZNJGnfJf9koTbVCZielGDBQayGqWPQqngGU4AhhamvFmiKY>



Genre: Pick me up

If you fancy a pick-me-up or a wee car-party on the way to or from work look up Spotify's **Lockdown Get Down** playlist: <https://spoti.fi/2Uvhfg8>

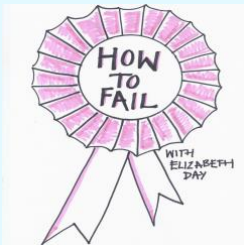
This project has a more important role as well, as income to bands who have now lost their funds through touring or performing will be supplemented if we stream music through our preferred streaming service. So get supporting your favourite band now!

The band who started this are also worth a listen if you like the sound of a Latin-jazz-rock fusion, so give **The Cat Empire** a listen. My favourite group who plays at least once a year in Bristol: <https://open.spotify.com/artist/023YmawCG3OvACmRjWxLWC>

“After silence, that which comes nearest to expressing the inexpressible is music.”

Aldous Huxley

Podcasts



How to fail with Elizabeth Day

A podcast that celebrates the things that haven't gone right. Every week a new interviewee explores what their failures have taught them about how to succeed. Elizabeth's book by the same name is also excellent.



Happy place

Fearne Cotton talks to celebrities about life, love, mental health and happiness.

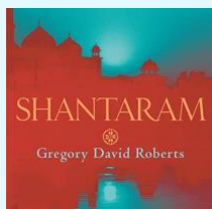


Today in Focus

If, like me, the news is getting you down switch off your news notifications and make space for a daily insightful update from the Guardian's award-winning podcast.

Book suggestions

Audible – your first book from the audible app is free. Alternatively, head to stories.audible.com from any web browser for a limited selection of free books with no log in or card details required.



Shantaram by Gregory David Roberts

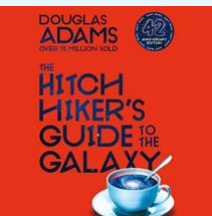
A self-biography of the travels of an escaped Australian prisoner; a true story and a fascinating study of people.



Good Omens by Terry Pratchett and Neil Gaiman

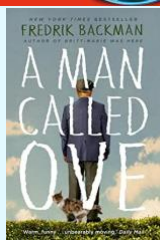
A firm British favourite that explores society's many intricacies and Britishnesses with a heavy dusting of Satire and Cynicism. This has nothing to do with medicine and will really make you smile.

Also, a fab BBC drama worth a watch on iPlayer.



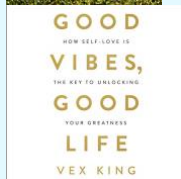
The Hitchhiker's Guide to the Galaxy by Douglas Adams.

An utterly ridiculous and very British escape from real-life. An escape from the planet, in fact! It will make you smile and discover the reason it's a classic.



A Man Called Ove by Fredrik Backman & Henning Koch.

A grumpy, yet oh so loveable man finds his solitary (and not yet isolative) world turned on its head when a boisterous young family moves next door. An exploration of human relationships that again, has nothing to do with medicine.

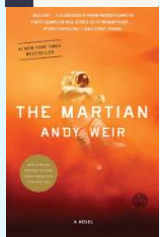


Good Vibes, Good Life by Vex King

In this book, Vex will show you that when you change the way you think, feel, speak and act, you begin to change the world.



The boy, the mole, the fox and the horse by Charlie Mackesy. Enter the world of Charlie's four unlikely friends; discover their story and their most important life lessons.



The Martian by Andy Weir

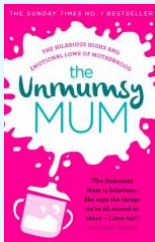
A well-researched, transfixing Sci-fi book about surviving on Mars. Clever, nail-biting and also a movie.



Hurrah for gin by Katie Kirby

A real and humorous account of parenting young children sans the sugar coating. She also has a website to buy some glorious things.

<https://hurrahforgin.com>



The Unmumsy Mum by Sarah Turner

This book won't tell you what sort of parent you should (or shouldn't) be; instead, it offers a refreshingly honest account of what being a mum to three young children is really like and the surprising lessons that have been learned along the way.



What if? By Randall Munroe

How many humans would a T Rex rampaging through New York need to eat a day? In pursuit of answers, Munroe runs computer simulations, pores over stacks of declassified military research memos, solves differential equations and consults nuclear reactor operators. His responses are masterpieces of clarity and hilarity, complemented by comics. They often predict the complete annihilation of humankind, or at least a really big explosion.

Film suggestions

Suggestions only as taste in films is of course very personal, but a variety to choose from.



Jumanji – the new or the old version; depends whether you prefer Dwayne Johnson or Robin Williams; tough choice. Family favourite.



Baywatch – completely tongue-in-cheek with genius casting



Harry Potter – the ultimate warm-feeling. Plus, there's 8 of them!



Moana – the Disney sing-along movie that teaches us to treat the environment with respect.



Shaun of the Dead – let's all just head to the Winchester and wait for this all to blow over. A Simon Pegg masterpiece on a zombie apocalypse.



Four Weddings and a Funeral – the classic with Hugh Grant where we follow his group of friends around a number of social occasions.



Ocean's 11 – the remake of the 1960 Rat Pack film



Guardians of the Galaxy – loveable adventure through the galaxy with one of the best soundtracks of any movie



Shrek – you know it's time to watch this old favourite again. Puss in boots, Donkey.... who else could you need?



Sherlock Holmes – a fun, mystery, action film with a great cast.

Television suggestions

Sit down, grab a cuppa, sink into the sofa and switch off



The Thick of It – tongue in cheek, satirical, British series on the hash-up that is the British government. Peter Capaldi is utter brilliance. A bit swearsy so not for when children are in the room.



Friends – I don't need to explain, do I? Okay, it's the one where...



Outnumbered – genius, unscripted, genuine children in all their glory.



Tiger King: Murder, Mayhem and Madness – if you haven't, just do it. Utterly barmy, totally escapist, jaw dropping, very American. All together now: "I see tiigerrrrs"



The Money Heist – a Spanish television heist crime drama series on Netflix with rave reviews



Breeders - The series follows two parents who struggle with parenthood and is partially based on Martin Freeman's own experience as a parent.



The Let Down - follows the adventures of Audrey, including her struggles as a new mum in an oddball mothers' group.



Killing Eve – BBC drama at its best. A gloriously narcissistic serial killer and her obsession; an inhibited American investigator.



Catastrophe – when a one-nighter leads to a baby.

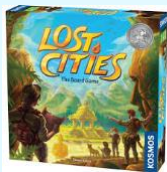


Green Wing – the channel 4 classic. Life in hospital, but not as we know it. Utterly absurd.

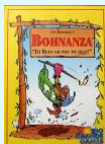
Games

Relaxed, refreshed, recharged

We've already suggested some great TV shows and books to help you unwind. But some people may want social interaction to help them relax, playing a board game is a great way to have fun with others. You could organise a virtual version by having the same sets in each household of play! Here are some of our favourites:



Lost Cities – A card game about mounting expeditions to go exploring ancient ruins



Bohnanza – Plant and harvest bean cards to earn coins. A game of trading and politics!



Hive – An addictive strategic game. Aim to surround your opponent's queen whilst trying to block your opponent from doing the same to your queen



Ticket To Ride – A cross-country train adventure, where players collect train cards to claim railway routes connecting cities across the country



Carcassonne – Develop the landscape of a medieval fortress city one tile at a time



The Mind – Join minds with your fellow players to play cards in order without talking



Articulate – a fast talking description game for all ages. If you haven't played it already: where have you been?



Cards against Humanity – Not for the easily offended but hilarious and can really make you giggle!

Shop Independent

When you support small business, you're supporting a dream

For those of you that love a bit of retail therapy to help you reset, shopping probably doesn't feel the same at the moment. But different isn't always bad. This is a perfect chance to get to know some local retailers. Amazon is speedy and useful but there are some awesome independent businesses out there who could really do with your support. We've highlighted a few of our local favourites, we hope it inspires you to check out what is on offer close to you.



Soap Folk – Soap and skincare products made from natural ingredients that are sourced sustainably. The organic products are biodegradable and sold in recyclable packaging

www.soapfolk.com



Susie Hetherington Textiles – Gorgeous range of interior furnishings and stationery with designs inspired by Cotswold scenery

www.susiehetherington.co.uk



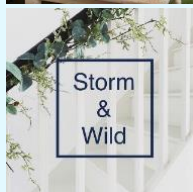
Baked by Beth – Beautiful plant-based cakes that use natural ingredients

www.bakedbybeth.co.uk



My Small World – Wonderful toy shop who focus on stunning eco-friendly toys to encourage sustainable play

www.mysmallworld.co.uk



Storm and Wild – Handmade seasonal gifts and home décor.

www.storm-and-wild.com

Maternity/Paternity Leave

This is likely not how you imagined your pregnancy and maternity/paternity leave. Try to adjust your expectations of your leave and of yourself. Enjoy the time with your new baby as much as you can, within your own limits. The baby will love all that time with you. However, make time for self-care. It may not occur for the first month or two, but it is so important for both mum and dad to look after yourselves. A bath with a few drops of lavender oil or sandalwood, scented candles, gentle exercise, time out. Give yourself a break, even if it is for 20 minutes – aim for once or twice a week to begin with!

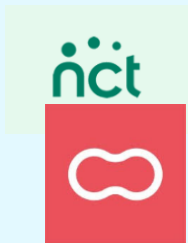
Try to make sure you get out for at least a little bit each day. A walk in the park for ten minutes with your bundle in a sling/pram, even if it is in your pyjamas! It can make a world of difference.

Fathers often find bonding much more difficult, try not to give yourself a hard time if bonding with your new bundle takes time. Lots of people are currently working from home (WFH). This can be wonderful but also brings additional stresses – balancing the needs of a young baby, exhausted partner on maternity leave whilst trying to WFH can be extremely demanding. As a new family, try to be as understanding as possible of each other's needs and commitments.

Make your own decisions as a new family and don't feel obliged to do all the 'social stuff' that other people (for example, mother-in-laws, well-meaning friends, Joe Bloggs) think is a good idea...Just say no or yes as you like and do what makes you happy.

Enjoy the Newborn stage, no matter how crazy, sleep deprived and whirlwind a blur it is.... It soon goes and you'll daydream of the newborn cuddles and smell!

Support Networks are vital:



1. Friends and family – make sure they know how you are and let them help you.
2. Contact friends with babies and children – they will know what it is like and be able to offer help and advice.
3. Access new mums via online groups – Peanut App, Mumsnet, Babycentre and online courses e.g. NCT, hypnobirthing courses.
4. Set up a WhatsApp group of new mums for advice and support, very useful at 4am to realise you are not alone.
5. Make sure you have **midwife/health visitor/ hospital contacts.**
6. **You will quiet moments, friends and support and sometimes a glass of wine or cup of coffee. Find your tribe and love them hard**
7. Meeting other parents and finding what support is available isn't easy at the moment. Some groups have been able to re-start face to face meetings, but many have ongoing zoom classes. A group of parents have set up a website and app that allows you to find out what baby and toddler groups are running in your area.
www.happity.co.uk



Other Useful Suggestions for Maternity/Paternity leave:



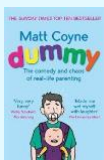
Emma's Diary: Online Yoga, Hypnobirthing, relaxation techniques, Pilates Baby Centre UK- Baby preparation classes, The Bump to Baby Chapter classes.

Access **breastfeeding support groups** if needed (Bristol breast feeding support group on Facebook recommended). Gloucestershire Breastfeeding Supporters Network www.gbsn.org.uk (Free video calls). Association of Breastfeeding Mothers www.abm.me.uk

Keep active, when ready there are loads of postnatal online classes available on YouTube, try low impact HIIT classes good for pelvic floor. There's endless Bristol based online yoga classes (Trika yoga, Bristol city yoga (NHS discount), pure yoga, Eastern yoga (NHS discount), Bristol yoga space...), and of course there's loads of lovely local walks in Bristol.

Think about your mental wellbeing. Keep in touch with people and seek help if you need (see our section on mental wellbeing for more information).

Keep your brain active. There are lots of free online learning courses now available (e.g. FutureLearn and Coursera), but you shouldn't feel pressured to.



Reading Download the kindle to your phone, so if you get stuck breastfeeding somewhere in the house, you have a selection of books at your fingertips! Or alternatively, buy a selection of paperbacks and have them around the house.

Wonder weeks book and App - Your Baby: Week by Week (Caroline Furtleman & Simone Cave). Although not based on rigorous evidence base, it is surprisingly insightful! NCT website, Ella's kitchen app for weaning (free welcome pack)

Newborn photography - here are a few tips for getting good newborn shots in the absence of a photo shoot:

http://www.karenkimminsnewbornphotography.co.uk/new-blog/2020/4/7/tips-for-photographing-your-newborn-baby?fbclid=IwAR3OgD525VxRt4mRsWfhjt0IX6RsU7D_NHLOofNqpByJueoXfv_v4_MCfUE

Look after yourself, make sure you have three meals a day, if possible, give some time to yourself, and get rest when possible!

Baby play ideas

You can find loads of things in the house to be inventive for play (for example, mirror play, water play, water bottles filled with objects, balloons, fairy lights).

Access online courses for play: There are courses available for sing and sign online. There's also a number of mum and baby yoga classes available online – Joey's yoga, Trika yoga, purely pregnant. You can buy sensory packs online or do an online course (e.g. Amazon, eBay) some areas are now doing face to face classes

Instagram is a great source of inspiration for baby food recipes, fitness and play ideas, here are just a few!

@crib_notes_
@Baby.food.kitchen
@Playing.from.home
@themummycoach.co.uk
@earlystartnutrition
@signalongfortoddlers
@theblwdad

Supported return to work

Just like any profession, on occasion people need to take a break from work. You may have had time away from clinical work due to a wide variety of reasons such as maternity and paternity leave, out of programme experience, health, family needs, taking a career break, the list goes on.

Whatever the reason, there is often a degree of anxiety, imposter syndrome or a lack of confidence. Sometimes, just getting through the door on the first few days back might be a challenge. AOMRC Return to practice guidance provides advice for doctors and also designated bodies, responsible officers, employers, contractors and regulators.

(<https://www.aomrc.org.uk/reports-guidance/revalidation-reports-and-guidance/return-practice-guidance-2017-revision/>).

Health Education England has made 10 commitments to support postgraduate trainees in their return to training see:

<https://www.hee.nhs.uk/sites/default/files/documents/Supported%20Return%20to%20Training.pdf>

Support in COVID-19 times: A Directory of Resources

Addiction

Addaction

A national drug and alcohol treatment charity in the United Kingdom.

Alcohol Concern

A national charity working to help reduce the problems that can be caused by alcohol.

Alcoholics Anonymous

A fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

British Doctors and Dentists Group

A service for recovering alcoholic and drug dependent doctors, dentists and students.

Cocaine Anonymous

A fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from their addiction. The only requirement for membership is a desire to stop using cocaine and all other mind-altering substances.

Clinicians' Health Intervention, Treatment and Support (click to email) Promotes a consistent approach to substance misuse problems in clinical staff throughout the UK.

FRANK

Provides helpful, confidential drugs advice.

Gamblers Anonymous

A fellowship of men and women who have joined together to do something about their own gambling problem and to help other compulsive gamblers do the same.

GamCare

Provides support, information and advice to anyone suffering through a gambling problem.

Medical Council on Alcohol

An organisation of registered medical practitioners with a view to understanding of alcoholism and its prevention and the treatment and after-care of alcoholics.

Narcotics Anonymous

A non-profit, international, community-based organisation for recovering addicts that's active in over 60 countries. NA members learn from one another how to live drug free and recover from the effects of addiction in their lives.

Release

Offers a range of specialist services to professionals and the public concerning drugs and the law. It provides advice to drug users, their families, friends, and statutory and voluntary agencies. Advice is free, professional, non-judgmental and confidential.

Sick Doctors Trust

Provides early intervention and treatment for doctors suffering from addiction to alcohol or other drugs.

Smart Recovery

The 12-step approach may not be appealing to everyone. SMART Recovery uses psychotherapeutic techniques that are similar to those used in many treatment services in the UK, being more along the lines of CBT.

Bereavement

Cruse Bereavement Care

A national charity for bereaved people in England, Wales and Northern Ireland. Support, advice and information to adults, children and young people and when someone dies.

Dealing with grief and loss

A useful NHS guide to coping with grief and loss.

The Laura Centre

Specialist bereavement counselling in the Midlands to parents whose child has died and to children or young people who have been bereaved of a parent or significant person.

Winston's wish

Supporting children and young people after the death of a parent or sibling.

Disability, long term conditions and episodes of ill health

Action on Hearing Loss

National charity helping people who are confronting life-changing deafness, tinnitus and hearing loss.

UK Health Professionals with Hearing Loss

A network of deaf and hard of hearing health professionals who share information and support.

Association of Disabled Professionals

Draws on the expertise of disabled professionals to improve the educational and employment opportunities of disabled people.

British Dyslexia Association

The voice of dyslexic people whose vision is that of a dyslexia friendly society that enables dyslexic people to reach their potential.

Carers UK

Advice, information and support for carers throughout the UK.

Deaf Professionals Network

Provides an opportunity to network to share experiences. The website is primarily for deaf professionals who live in and around London. This website can also be used as a resource for other deaf professionals who cannot attend the network meetings.

Disabled Living Foundation Helpline

A national charity providing free, impartial advice about all types of disability equipment and mobility products for older and disabled people, their carers and families.

Dyslexia Action

A national charity and the UK's leading provider of services and support for people with dyslexia and literacy difficulties.

Hope 4 Medics

A support group for doctors with disabilities.

Macmillan

Support and information about work and cancer.

Mencap

The UK's leading learning disability charity working with people with a learning disability and their families and carers.

National council for palliative care

A members' organisation campaigning to help everyone approaching the end of life have the right to the highest quality care and support.

NCAS

Allows you to self-refer, if you are returning to work after a period of absence, or you have health problems which may be impacting on your performance, and they will provide expert advice about the steps you can take and where you can go for help.

RNIB (Royal National Institute for the Blind) Supports blind and partially sighted people.

Wales Council for the Blind

Promotes the welfare of blind and partially sighted people and the prevention of blindness. WCB is the umbrella body for visual impairment in Wales. It is an independent organisation for Wales.

Your Health Matters

Information and advice from the GMC for doctors who have concerns about their own health.

Finance

For some of us the pandemic has brought a period of relative frugality, but for many this has a period of significant financial worry.

For information on claiming back **tax relief** on exams and training costs, look to the **RCOG** who have some great guidance.

<https://www.rcog.org.uk/en/careers-training/resources--support-for-trainees/useful-resources-for-trainees/tax-relief-on-exam-and-training-costs/>

Medics Money have an excellent free to download financial guide which covers tax relief, pensions, investing and more. <https://www.medicsmoney.co.uk>. Their podcast is also well worth a listen.

BMA Charities help doctors and medical students at times of need. <https://bmacharities.org.uk>

Help me, I'm a doctor! Brings together 5 charities that offer financial support to health professionals <https://www.doctorshelp.org.uk/>

The **Royal Medical Benevolent fund** has a wealth of information on its health and wellbeing pages. <http://www.rmbf.org/health-and-wellbeing/>

The RMBF can consider financial assistance to doctors, medical students and their families who are facing financial crisis. Depending on individual needs and circumstances, support can be through grants, loans, information and debt management advice. The RMBF can also consider financial assistance with training and childcare with a back-to-work award

Royal Medical Foundation is a source of support for doctors and their dependents <http://www.royalmedicalfoundation.org/>

Specifically, for GPs, **The Cameron Fund** is well worth a look. <http://www.cameronfund.org.uk/>

The Money Advice Service

Free and impartial money advice set up by the Government. The site provides advice and guides to help improve your finances, tools and calculators to help you keep track and plan. It also provides support over the phone and online.

Individuals, families, pregnancy and work

BMA information for working parents

Information about working during pregnancy, maternity leave, returning to work and life as a working parent.

Equality and Human Rights Commission

Guidance on your rights in the workplace.

Gladd

Unites and represents LGBT doctors in the UK.

Health and Safety Executive (HSE) – information for new and expectant mothers

Useful information for you and your employer about your rights and responsibilities.

Health and Safety Executive (HSE) – general guidance

Guidance on any health and safety concerns you may have.

HM Revenue and Customs

Site contains information about statutory maternity pay, child benefit, etc.

Maternity Action

Guidance on your rights during pregnancy and as a working parent.

Medical Women's Federation

Promotes the personal and professional development of women in medicine; their 'Advice & Support' section includes guidance on **maternity, childcare, returning to work and less than full-time training.**

UK government advice for working parents

Information about your rights and responsibilities during pregnancy, maternity/paternity leave and life as a working parent.

Legal

Bar Pro Bono Unit

A charity which helps to find pro bono (free) legal assistance from volunteer barristers.

BMA Law

Independent, proactive legal advice for BMA members.

Citizens Advice Bureau

Give free, confidential, impartial and independent advice on a limitless range of subjects, including debt, benefits, housing, legal matters, employment, immigration and consumer issues. Bureaux are open to everyone regardless of race, gender, sexuality or disability.

IAS services

Legal experts in all types of immigration applications and appeals.

Medical Defence Union (for MDU members only)

Provides expert help and advice on medico-legal and ethical matters including handling complaints, claims and GMC cases. It is staffed by a team of medicolegal advisers.

Medical and Dental Defence Union of Scotland (for MDDUS members only) Supports members with complaints made by patients against them or who are facing disciplinary matters from their employing trust. A highly qualified team of medical and dental professionals gives advice and guidance.

Medical Protection Society (for MPS members only)

Provides comprehensive professional indemnity and expert advice to doctors, dentists and health professionals around the world.

Release

Offers a range of specialist services to professionals and the public concerning drugs and the law. It provides advice to drug users, their families, friends, and statutory and voluntary agencies. Advice is free, professional, non-judgmental and confidential.

Victim Support

An independent charity and helpline if you've been a victim of any crime or have been affected by a crime committed against someone you know. Free and available to everyone.

Mental health

Anxiety UK

UK charity aiming to promote the relief and rehabilitation of people suffering with anxiety disorders through information and provision of self-help services.

Bacp

Search for counsellors and psychotherapists in your area.

Beat

UK charity for people with eating disorders and their families.

Bipolar UK

National charity dedicated to supporting individuals with the condition of bipolar, their families and carers.

BMA Counselling and Doctor Advisor Service

Open to all doctors whether BMA members or not and is staffed by professional telephone counsellors 24 hours a day, 7 days a week. They are all members of the British Association for Counselling and Psychotherapy and are bound by strict codes of confidentiality and ethical practice. You can even choose to remain anonymous when you call.

There is also the BMA counselling and peer support for doctors and medical students helpline 0330 123 1245. You do not have to be a member of the BMA to access this helpline. It is manned 24/7.

CALM

The Campaign Against Living Miserably (CALM) is leading a movement against male suicide, the single biggest killer of men under 45 in the UK.

DocHealth

Dochealth is an independent, not for profit organisation. They offer psychotherapeutic support sessions and although they are based in London, sessions are currently being delivered by Skype. <https://www.dochealth.org.uk/where-we-can-help>

Doctors in distress

A charity committed to eradicating stigma, changing behaviours and cultures and promoting the value of good leadership to reduce suicide rates in doctors. They have a great page of useful resources here: <https://doctors-in-distress.org.uk/useful-resources/>

Doctors' Support Network (DSN)

A fully confidential, friendly, self-help group for doctors with mental health concerns.

MIND

Charity providing advice and support to anyone experiencing a mental health problem.

NHS Practitioner Health Programme

A free, confidential NHS service for doctors and dentists across England with mental illness or addiction problems. The service is provided by health professionals specialising in mental health support for doctors and is available in various locations across England. Reach them here:

<https://www.practitionerhealth.nhs.uk/about-practitioner-health> or text 'PHP' to 85258

Papyrus

Provide confidential help and advice to young people and anyone worried about a young person.

Samaritans

If you need to speak to someone please call the new Samaritans NHS helpline on 0300 131 7000. It is open 7am-11pm, 7 days a week and is run by dedicated volunteers who are self-isolating and will provide support, signpost help and listen confidentially. Alternatively, you can text FRONTLINE to 85258 for support 24/7 via text. To speak to the Samaritans outside of the above hours, please call 116 123, for free. If you are worried about someone else there is some excellent advice at www.samaritans.org/how-we-can-help/support-and-information/worried-about-someone-else/if-youre-worried-about-someone-else-during-coronavirus-outbreak

SANE

Offers practical information, crisis care and emotional support to anybody affected by mental health problems.

The Mental Health Foundation

Provides the latest news and events on mental health issues, as well as information on problems, treatments and strategies for living with mental distress.

Raising concerns

Concerned about a colleague

Advice from the BMA on worrying signs in a colleague.

Freedom to speak up/National Guardian

The National Guardian's Office is an independent, non-statutory body with the remit to lead culture change in the NHS so that speaking up becomes business as usual. The office is not a regulator, but is sponsored by the CQC, NHS England and NHS Improvement.

GMC

Raise a concern or refer yourself to the GMC.

Medical Practitioners Tribunal service

Information and support for doctors who have a hearing as part of a GMC investigation.

NCAS

National Clinical Assessment Service is an independent NHS body which works with individual practitioners and healthcare organisations where there is a concern about the performance of a dentist, doctor or pharmacist. Their role is to support both the referring organisation and practitioner to consider all options, to get involved early and, where possible, restore practitioners to safe and valued practice. Common themes in NCAS cases include concerns relating to clinical practice and capability, behaviour, health, working environment or context of

practice. Referrals to NCAS can either be self-referrals from practitioners themselves or alternatively can be made by the employer.

Whistleblowing

Advice from Citizen's advice on how a staff member can report a problem in the NHS or an adult social care service.

Relationships

Marriage Care

Supports people through the best and worst of times in their marriages and family relationships.

National Family Mediation

A network of local not-for-profit Family Mediation Services in England and Wales offering help to couples, married or unmarried, who are in the process of separation and divorce.

Relate

The UK's largest and most experienced relationship counselling organisation helping people to work through their relationship difficulties and reach their own decisions about the best way forward.

Women's Aid

A national charity working to end domestic violence against women and children, supporting a network of over 500 domestic and sexual violence services across the UK.

Wellbeing

ePhysicianHealth.com

A comprehensive online physician health and wellness resource from Canada.

International Stress Management Association

Promotes sound knowledge and best practice in the prevention and reduction of human stress.

RMBF - Health and Wellbeing

Advice from the Royal Medical Benevolent Fund on a variety of subjects regarding your health and wellbeing.

Start 2

Shows you new ways to approach wellbeing, through learning to harness your natural creativity. Explore over a hundred creative activities, together with insights into their wellbeing benefits.

About this booklet

Please do let us know what you thought of this booklet. We really appreciate your feedback:
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